

EXECUTIVE SUMMARY

Background:

The City of Long Beach will take preventative measures to ensure the safety of the public we serve and our employees during incidents of extreme heat and humidity during the summer and into the fall. Temperatures which fluctuate into the high 90's or greater coupled with the high humidity can generate a "high-risk" of adverse medical conditions or possible death. The National Weather Service uses a "Heat Index" of extreme heat and humidity when such unusual weather conditions pose a greater threat to the public health and safety. Persons who may be particularly vulnerable to extreme heat include young children, the aged, the disabled, and the homeless.

Purpose:

The purpose of the plan is to provide guidance for City employees who must respond when conditions of hot weather and humidity pose a threat to the health and safety of the public.

Partners:

The City of Long Beach Heat Emergency Plan was developed by the Departments of Fire, Police, Health and Human Services, and Parks, Recreation and Marine, with the assistance of the Disaster Management Division of the Long Beach Fire Department. It is written in cooperation with the Los Angeles County Office of Emergency Management and is consistent with the Operational Areas Heat Emergency Response Plan. This plan is also consistent with plans being developed by the Los Angeles County Department of Public Health, the Long Beach Chapter of the American Red Cross and Southern California Edison.

The plan will be implemented in areas where public services are required and City employees are needed to provide those services. The City of Long Beach Heat Emergency Plan will ensure public safety to the citizens we serve, with an emphasis on the elderly, young children, the poor, the disabled, and the homeless.

Mission:

The mission of the City of Long Beach, in this context, is to reduce the potential from harm caused by Heat Emergency conditions. The City of Long Beach planning for a Heat Emergency response will be led by the Department of Health and Human Services, supported by designated City departments, agencies and representatives from potentially impacted areas.

**CITY OF LONG BEACH
HEAT EMERGENCY PLAN**

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CITY OF LONG BEACH HEAT EMERGENCY PLAN

Introduction

NOTE: This plan is for immediate use and is designed to provide impacted areas and agencies with tools and guidance for both planning and response. The City of Long Beach Department of Health and Human Services, in coordination with other City departments, will direct the implementation of this plan. Response operations will be based on the Standardized Emergency Management System (SEMS), consistent with those described in the City of Long Beach Emergency Operations Plan.

Situation

The Source: The Los Angeles Forecast Office of the National Weather Service (NWS) will trigger implementation of this Heat Emergency Plan by issuing Excessive Heat Warnings for at least two consecutive days. (See “Heat Alert Phase” below).

Depending upon the magnitude of the Heat Emergency conditions, areas of the City could be affected. Issues of public safety may arise during periods of extreme heat in the City, and it is appropriate for the City to be prepared to respond to such conditions, using available, and if necessary, emergency resources.

Assumptions: While the City of Long Beach is not generally considered the most threatened area for extreme heat conditions compared to other areas, prudent planning will allow for a worst-case scenario. The following could occur depending upon the size and scope of the event:

- The City of Long Beach Emergency Operations Center could be activated if the event were significant enough to trigger a Heat Emergency condition of potentially dangerous proportion.
- Numerous densely populated areas may be impacted.
- Large-scale movement of at-risk populations may be necessary, causing otherwise non-impacted areas to become “host” to displaced populations.
- Power outages may occur and communication systems may be damaged.
- Food and water may be contaminated.

The Threat: Extreme heat can kill by pushing the human body beyond its limits. Under normal conditions, the body’s internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is slowed

down and the body must work harder to maintain a normal temperature. When the body's ability to shed the heat is compromised, a heat-related disorder (e.g., sunburn, heat cramps, heat exhaustion or heat strokes) may develop. The severity of heat disorders tends to increase with age. Other persons who may have special vulnerability to extreme heat may include young children, the disabled, the poor, and the homeless who may lack resources to seek shelter from extreme heat conditions.

In the City of Long Beach, the summers are hot. Fortunately, the combination of high temperatures and high humidity, which are requirements for the National Weather Services to call a Heat emergency, are relatively rare. Nonetheless, such a combination of weather factors can occur here, and for this reason it is prudent to prepare.

Response to the Threat

The City's response to the threat will be based on a combination of public information that is intended to assist individuals to take preventative measures to avoid heat stroke or sunstroke by doing the following:

- Wear light, loose fitting clothing in hot weather.
- Drink water often, don't wait until you are thirsty. If urine output decreases, increase your water intake.
- If you become overheated, improve your ventilation. Open a window or use a fan or air conditioner. This promotes sweat evaporation, which cools the skin.
- Acclimate yourself to hot weather.

The key to deal with the Heat Emergency is to encourage people to use their common sense. The City will use this plan to assist individuals during a heat emergency.

Mission

The mission of the City of Long Beach in this context is to reduce the potential for loss of life and property from actions caused by Heat Emergency conditions. City planning for a Heat Emergency response will be led by the City of Long Beach Department of Health and Human Services, supported by designated City departments, agencies and representatives from potentially impacted areas.

Concept of Operations

Lead Responsibilities: The Department of Health and Human Services will direct implementation of the plan in coordination with other City departments. Assigned departments and agencies will work under the umbrella of the Incident Command System, using SEMS. In order to successfully accomplish the mission, different City departments and agencies will need to work cooperatively. Multi-Agency, multi-disciplinary coordination will occur in response to a Heat Emergency threat or event.

The Standardized Emergency Management System (SEMS) is the system required by Government Code Section 8607(a) for managing the response to multi-agency and multi-jurisdiction emergencies in California. SEMS consists of five organizational levels, which are activated as necessary: field response, local government, operational area, regional and state. When local resources are inadequate, requests are made to the next higher emergency response level until the resource need is met. This Heat Emergency Plan is designed to facilitate response to future excessive heat events according to SEMS.

Sequence of Operational Activities: The sequence for a Heat Emergency event is categorized below:

1. **Heat Alert Phase:** The National Weather Service issues an Excessive Heat Warning when conditions of a **Heat Wave (Extreme Heat)** are present, defined as when the Heat Index (HI) is expected to exceed 105 – 110 degrees F. The HI is a measure of heat / humidity episodes that has been devised by the NWS as a measure of people's perception of heat. The HI combines relative humidity with the actual air temperature. For example, if the air temperature is 95 degrees F and the relative humidity is 55%, the HI is 110 degrees F. A high level of the HI may cause increasingly severe heat disorders with prolonged exposure and / or physical activity. Heat disorders include sunstroke, heat cramps, heat exhaustion, or heatstroke. The NWS Heat Index Chart is at Appendix 1 of this plan.

Heat Index Program Alert Procedures: The City of Long Beach will receive notification of an Excessive Heat Warning from several sources. The Department of Health and Human Services will receive notification from the Los Angeles County Department of Health. The Disaster Management Officer will receive notification via the National Weather Service Radio and from the Operational Area Office of Emergency Management. Fire and Police Communications Centers will also receive notification from their respective counterparts at the Operational Area. The Long Beach Department of Health and Human Services will prepare Heat Emergency Messages in severe heat waves, including detailed medical information, advice, and names and telephone numbers of health officials.

2. Warning Phase: The Long Beach Department of Health and Human Services will issue Special Weather Statements and / or Public Information Statements that shall include:

- a) The extent of the hazard including HI values
- b) Who is most at risk
- c) Safety rules for reducing risk

3. Damage Assessment Phase: All of the affected departments and agencies will be involved in damage assessment following an actual Heat Emergency occurrence. Departments will take all precautionary methods to ensure the protection of personnel as well as their readiness to respond, if necessary.

4. Emergency Public Information Phase: The Long Beach Department of Health and Human Services, as the lead department, will be responsible for media coordination. They will seek the assistance from the City Manager, Fire and Police and Parks, Recreation and Marine Department PIOs to ensure a single coordinated message. This team will: 1) create daily press briefings, 2) assist in preparing press announcement for key elected officials, 3) respond to inquiries from the media, and 4) manage the Joint Information Center (JIC), when appropriate. Every attempt will be made to coordinate emergency public information releases with the impacted departments and agencies in order to ensure consistency.

Public Awareness / Education Campaigns: The City of Long Beach is committed to a proactive public information program to prepare the public for the threat of a Heat Emergency. The Department of Health and Human Services, in coordination with other departments and agencies, will issue public education materials to advise the public of Heat Emergency conditions. The Department of Health and Human Services public education campaign will continue to provide preparedness information to residents throughout the City on the dangers of the Heat Emergency condition and the actions to take before, during, and after an event. A sample of the public information sheet for Heat Emergency Preparedness is attached at Annex 1.

EXECUTION

In addition to their normal Emergency Operations Plan requirements, City departments are responsible for the following specific actions:

- **The City Manager's Office:** By City ordinance, the City Manager is the Director of Emergency Services during a declared emergency. He / She will determine the level of activation, should activation of the Emergency Operations Center become appropriate.

Note: A major responsibility for a Heat Emergency event will be that of planning and coordinating resources. The Emergency Operations Center, when activated, will manage that requirement. Specific plans for using public resources in response to a Heat Emergency require significant coordination with local public service agencies. The planning effort to alert and, if necessary, relocate at-risk segments of the population, such as children, the elderly, the disabled, and the homeless who need to avail themselves of the cooling centers will incorporate the participation of appropriate support agencies.

- **The Disaster Management Division – Long Beach Fire Department:** The Disaster Management Officer, under direction of the Director of Emergency Services, is responsible for coordination of this plan. During operations, the Disaster Management Officer will coordinate activities within the City and also communicate the activities of the City with the Los Angeles County Office of Emergency Management or the Operational Area Emergency Operations Center, if activated.
- **The Fire Department:** The mission of the Fire Department is to protect lives, the environment and property by providing prompt, skillful and cost-effective fire protection and life safety services. This includes response to emergencies of all types: fires, floods, earthquakes, wildland fires, hazardous material incidents, civil disturbances, emergency medical rescues, urban search and rescue incidents and ocean lifeguard rescues. The department's Heat Emergency Plan is attached as Annex 2.
- **The Police Department:** The mission of the Police Department is to protect the citizens of the City of Long Beach. This includes response to emergencies of all types: crimes, fires, floods, earthquakes and civil disturbances. The department's Heat Emergency Plan is attached as Annex 3.
- **Department of Health and Human Services:** Provides and coordinates public health services during the disaster response. Public health services may include prevention health services (i.e. the control of communicable diseases, coordinating inspection of health hazards in damaged buildings, inspection of

vital foodstuffs, water, drugs, and other consumables, vector control, and detection and identification of possible sources of contamination dangerous to the general physical and mental health of the community. The Department of Health and Human Services also provides for the care and protection of animals during a disaster. The department's Heat Emergency Plan is attached as Annex 4.

- **Parks, Recreation and Marine Department:** Provides support to any emergency with personnel, equipment and other resources. One critical responsibility of the department is the coordination, and if necessary, the management of shelters during any emergency. In coordination with the American Red Cross, Long Beach Chapter, the department has established protocols for the activation of centers and has identified all city-owned facilities that could be utilized as a shelter. The department's Heat Emergency Plan is attached as Annex 5.
- **American Red Cross:** Mandated by Congress to provide care, shelter and feeding to victims of disaster, and to participate in community efforts to address human needs arising from community emergencies such as extreme climate conditions.

ADMINISTRATIVE INSTRUCTIONS

Finance

The Finance Department will establish guidelines for identifying emergency-related expenditures for City departments.

Logistics

When activated, the Emergency Operations Center will coordinate emergency-related purchases of goods and services by City departments. Financial Management will provide procurement assistance, during an activation of the Emergency Operations Center. The Operational Area will also be available to support emergency procurement, if necessary.

Reports

Upon execution of the plan, City departments will provide reports required by the City Manager and / or Emergency Operations Center.

ANNEX 1

Insufficient water intake, insufficient salt intake and a deficiency in the production of sweat cause heat exhaustion. Sweat evaporation is what helps keep the body cool. Symptoms includes dizziness, fatigue, faintness, headaches, skin that is pale and clammy; rapid and weak pulse; fast and shallow breathing; muscle cramps; and intense thirst. Individuals with these symptoms should be removed to a cooler, shaded place and given fluids such as sports drinks.

Heat stroke, the most severe form of heat illness, can be life threatening. Heat stroke victims may complain of headache or dizziness, appear confused, behave irrationally or experience seizures. The body becomes overheated to a dangerous degree. Because heat stroke can be fatal, call 9-1-1 for assistance.

The National Weather Service releases three different heat related advisories: a "Caution" advisory indicates a heat index of 80-90 degrees Fahrenheit; "Extreme Caution" indicates a heat index of 91-105 degrees; and a "Danger" advisory is issued when the heat index goes above 105 degrees. Heat exhaustion usually occurs when the heat index is above 90 degrees, while heat stroke is likely when the index is above 105 degrees.

The Long Beach Department of Health and Human Services is committed to protecting and improving the health of individuals within the City. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health.

ANNEX 2 LONG BEACH FIRE DEPARTMENT

Mission

To minimize the impact of fires, disasters, and other emergencies on life and property.

Objective

1. Dissemination of information and warnings.
2. Acceleration of preparedness and mitigation measures.
3. Increase readiness to respond.
4. Implement emergency protective and mitigation actions.
5. Initiate emergency response actions.

Phase One; Heat Alert Phase

- Fire personnel notified to be on the alert for heat stress cases in the field
- All Fire personnel notified to maintain hydration
- Drinking water supplies maintained at full readiness
- Fire Communication Center tracking heat related incidents

Phase Two; Heat Emergency Declared

- **Fire Communications Center notifies the on-call Chief of the Heat Emergency**
- **The on-call Chief Officer notifies the Fire Chief**
- **Heat emergency protective plans implemented**
- Non-essential outdoor Fire Training and Inspection activities suspended
- All Fire units carry ice chests and bottled water for Firefighter hydration and acute civilian cases
- Modified uniform dress

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- Firefighters distribute public safety literature and staff Cooling Center locations if requested
- Community Emergency Response Team Leaders notified to implement neighborhood checks
- Target Hazard Response sent to all structure fire assignments
- Battalion Command established; as needed
- Department Operating Center activated if two or more Battalion Commands established
- Emergency Operations Center staffed; as needed
- Fire Department Public Information Officer participates in the City's Joint Information Center
- Fire units report to the FCC, isolated or wide area electrical blackouts

ANNEX 3 LONG BEACH POLICE DEPARTMENT

The primary mission of the Long Beach Police Department is to protect life and property, and to enforce state and local laws in order to maintain peace and order.

Phase One – Heat Alert Phase

- Ensure that Department personnel remain safe and hydrated
- Police personnel to be on the alert for heat stress cases in the field
- Drinking water supplies maintained at full readiness

Phase Two – Heat Emergency Declared

- Police Communications Center will notify the Watch Commander of the heat emergency
- Watch Commander will make appropriate notifications
- Non-essential outdoor training activities suspended
- Supply traffic control and security to Cooling Centers in coordination with Park Rangers, if requested to do so
- Make information available both in the field and at Police substations; make notifications to the public, if necessary
- Establish Field Command Post(s) as necessary
- Activate the Department Operating Center, if necessary
- If activated, respond to the Emergency Operations Center with appropriate staff
- Police Department Public Information Officer(s) participate in the City's Joint Information Center
- Deploy additional personnel as necessary

ANNEX 4

LONG BEACH HEALTH AND HUMAN SERVICES DEPARTMENT

This section describes how the Health and Human Services Department will respond to a severe or prolonged heat event. Specifically, this section:

1. Sets for the criteria used to declare potentially dangerous heat conditions and describes the actions to be accomplished at each level of response.
2. Provided guidance for the Long Beach Department of Health and Human Services, who will coordinate with other city departments, voluntary organizations, and the private sector to carry out their roles and responsibilities in an excessive heat situation.
3. A hazard specific response annex has also been developed and is in place in the Health and Human Serviced Department All-Hazards Plan.

Factors Determining Implementation of Actions

The National Weather Service calculates the Heat Index. The Heat Index (HI) is a measure of heat and humidity episodes that has been devised by the NWS as a measure of people's perception of heat. The HI combines relative humidity with the actual air temperature. For example, if the air temperature is 95 degrees F and the relative humidity is 55%, the HI is 110. A high level of the HI may cause increasing severe heat disorders with prolonged exposure and / or physical activity. Other factors that may need to be considered include City loss of electricity and heat advisories from the Governor's Office of Emergency Services. Heat disorders include heat cramps, heat exhaustion, and heat stroke.

Heath Emergency Response Phases

LBDHHS will help with implementation of the citywide Heat Emergency Plan in coordination with other departments. Multi-agency, multi-disciplinary coordination will occur in response to the Heath Emergency threat or event. The sequence for a Heat Emergency event is categorized below:

Readiness / Heat Advisory

The National Weather Services (NWS) issues an Excessive Heat Warning when conditions of a Heat Wave (Extreme Heat) are present, defined as when the HI is expected to exceed 105 – 110 degrees F in the long Beach area. The following actions will be taken:

1. DOC activation
2. Discussion with the City Manager, Fire Chief and the Chief of Police to determine if the activation of the EOC is appropriate

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3. Monitor NWS heat index forecasts
4. Initiate contact with area hospitals, EMS, and review incoming death certificates to monitor heat related illnesses, deaths, and injuries, utilize epidemiology communications list
5. Recommend activation of cooling centers to the City Manager. Provide the cooling center locations and hours of operation in pre-scripted public information. See the Parks, Recreation and Marine Annex for possible sites for cooling centers
6. LBDHHS, along with other agencies should determine the adequacy of transportation to the cooling centers for vulnerable populations who may not have their own transportation. If needed, coordinate deployment through the EOC
7. LBDHHS may be able to advertise cooling center locations and provide safety recommendations on the Department of Consumer of Affairs line (1-800-952-5210), if activated by the State. Also, LBDHHS can use the Public Health Emergency Line or "Heatline" at 562-570-4499 to advertise cooling center locations and provide other recommendations within the EOC process
8. Provide information to the public about the State heat we portal if activated
9. Communicate risk and provide safety recommendations to the public through press releases coordinated by the PIO Team in the EOC. Opportunities could include:
 - a. TV/Radio/Newspaper, including KKJZ (88.1FM) and Cable Channel 8.
 - b. Consider mass mailers through the USPS
 - a. Web-site with heat related information access
 - b. E-Mail and fax to schools and summer sports programs
 - c. Distribute fact sheets to landlords to decrease the risk of heat related illnesses to residents in apartment buildings through the Apartment Association of California, Southern Cities, 333 W. Broadway, Suite 101, Long Beach
 - d. Consider the use of Reverse 911 depending on the severity of the situation
 - e. Risk communication on food and water safety if there is a power outage
10. Send a blast fax to agencies responsible for vulnerable populations, long-term care facilities, skilled nursing facilities and shelters (consider remaining open during daylight hours) to communicate risk and provide safety recommendations. Blast fax is available now through Lotus Notes
11. Send pre-scripted physician heat advisory by blast fax to list of local providers, urgent cares, emergency departments and community clinics
12. Activate a "Heatline" publicized by the media. Callers can be offered information on coping with the heat, when to seek medical help, and cooling center information.

13. Activate networks of social services volunteers and community support groups previously established, who could check on people, by phone or home visits, identified as being high risk. CERT teams could be activated to support their community.
14. If resources permit, activate the Mobile Public Health Emergency Response Teams who may provide consultation / assistance to the community and social service volunteers who are checking on vulnerable populations and nursing homes
15. Issue reminders to City Departments through E-Mail to make sure their field staff drink plenty of water, take frequent breaks in air conditioned facilities or vehicles, and recognize the symptoms of heat-related illnesses
16. Increase surveillance with area hospitals, EMS, and review of death certificates to monitor heat-related illnesses, deaths and injuries
17. Monitor and track weather and heat-related issues, and if the situation warrants, declare a Heat Emergency. Or, after two days of lower heat indices with dangerous heat conditions not forecast to return, cancel the Heat Warning and return to the Heat Advisory level
18. Consider rescheduling large outdoor public events (concerts, sporting events, etc.)

Warning Phase

The Long Beach Department of Health and Human Services will issue Special Weather Statements and / or Public Information Statements that shall include:

1. The extent of the hazard including HI values
2. Who is most at risk
3. Safety rules for reducing the risk

Damage Assessment Phase

The Long Beach Department of Health and Human Services will be involved in a damage assessment following an actual Heat Emergency. Actions to be taken include:

1. Compile final statistics on the number of heat-related illnesses, deaths and injuries
2. Work with all participating agencies to gather as much additional information as possible, including:
 - a. Number and demographics of the individuals using the cooling centers
 - b. Number of door-to-door visits conducted, where they were conducted and their outcome
3. Participate in the overall after-action process

Emergency Public Information (All Phases)

The Long Beach Department of Health and Human Services is committed to a proactive public information program to prepare the public for the threat of a Heat Emergency. LBDHHS, in cooperation with other departments and agencies, will issue public education materials to advise the public of Heat Emergency conditions. The public education campaign will continue to provide preparedness information to all residents throughout the City of Long Beach about the dangers of the Heat Emergency condition and the actions taken before, during and after an event. A sample of risk communication for Heat Emergency Preparedness is attached.

General Responsibilities of LBDHHS Staff

Responsibility for discussion and possible implementation of all activities about is with the members of the Public Health Emergency Management Program under concurrent direction of the Director of Health and Human Services and the City Health Officer.

Responsibilities include:

1. Chief Public Health Officer / Director of Health and Human Services
 - a. Receive warning forecast communication through California's EDIS and / or CAHAN systems through the Operational Area.
 - b. Activate the Heat Emergency Response Plan
 - c. Change the activation level or phase as necessary
 - d. Received power outage information as appropriate
 - e. Communicate with the City Manager and all impacted departments directly or via the Emergency Operations Center, if activated.
2. Epidemiologist
 - a. Surveillance of local hospitals and death certificates for heat-related deaths, illnesses, and injuries
 - b. Have a database of contact information for all local hospitals and EMS
 - c. Have a system for daily review and compilation of death certificate data
3. Public Information Officer
 - a. Serve as the primary Health contact for all media inquiries pertaining to heat issues
 - b. Provide all heat emergency public information materials
4. Public Health Emergency Management Committee
 - a. Convene on the first anticipation of a heat advisory and begin plan implementation

**ANNEX 5
PARKS, RECREATION AND MARINE DEPARTMENT**

SHELTER LOCATIONS

The City of Long Beach, in cooperation with the Long Beach Chapter of the American Red Cross, have identified, surveyed and approved twelve City facilities as potential shelter sites. Operations procedures and determination of shelter locations should be based on the type of emergency and the overall needs of the community.


Note: The last facility listed is a Department of Health and Human Services Facility.


Facility	Address	Square Footage	Rest Rooms	Parking Spaces	Capacity	Facility Phone Number
Veteran's Park	101 E. 28th	10,371	6M 6F	150	300	570-1696
Chavez Park	401 Golden	10,830	2M 4F	115	300	570-8890
Long Beach Senior Center	1150 E. 4th	74,306	10M 16F	62	250	570-3504
Cal Rec	1550 MLK	19,286	3M 4F	80	220	570-1609
Bixby Park	130 Cherry	10,498	3M 3F	Street	150	570-1601
Silverado Park	1545 W. 31st	15,894	3M 3F	Street	100	570-1675
Houghton Park	6301 Myrtle	20,432	11M 9F	90	100	570-1640
El Dorado Park - West	2800 Studebaker	12,572	3M 3F	80	75	570-3225
Martin Luther King Park	1950 Lemon	7,260	5M 5F	50	75	570-4405
Whaley Park	5620 Atherton		3M 3F	20	35	570-1710
Scherer Park	4600 Long Beach Blvd.			20	35	570-1674
Multi-Service Center	1301 W. 12 th				60	570-4003


APPENDIX 1


HEAT INDEX CHART

		Relative Humidity								
		90%	80%	70%	60%	50%	40%	30%	20%	10%
Air Temperature	75 deg.	80	77	76	75	74	73	72	71	70
	80 deg.	88	86	84	83	82	80	79	77	76
	85 deg.	101	97	93	90	88	86	84	82	80
	90 deg.	119	112	106	101	96	92	89	87	84
	95 deg.	142	131	122	114	107	101	96	92	89
	100 deg.	169	154	141	130	120	111	104	99	94
	105 deg.	200	181	163	148	135	123	114	106	100
	110 deg.	236	211	189	169	152	137	124	114	106

 **Caution - 80 deg. - 90 deg.** -- Fatigue possible with prolonged exposure and / or physical activity

 **Extreme Caution - 90 deg. - 105 deg.** -- Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and / or physical activity

 **Danger - 105 deg. - 130 deg.** -- Sunstroke, heat cramps or heat exhaustion likely, and heatstroke possible with prolonged exposure and / or physical activity

 **Extreme Danger - 130 deg. or Higher** -- Heatstroke / Sunstroke highly likely with continued exposure

APPENDIX 2

GLOSSARY OF TERMS

Department Operating Centers:	Site where department officials tactically coordinate, monitor, and direct department emergency activities during an emergency.
Emergency Operations Center:	The protected site from which local government officials coordinate, monitor, and direct emergency response activities during an emergency.
Emergency:	Any occasion or instance, such as a hurricane, tornado, storm, flood, tidal wave, tsunami, earthquake, volcanic eruption, landslide, mudslide, snowstorm, fire, explosion, nuclear accident, or any other natural or man-made catastrophe, that warrants action to save lives and to protect property, public, health and safety.
Excessive Heat:	Conditions of extreme heat are present, when the heat index is expected to exceed 105 – 110 degrees.
Heat Index:	A measure of combining relative humidity with actual air temperature.
Joint Information Center:	A central point of contact for all news media nears the scene of a large-scale disaster. Public information officials who represent all participating government and local agencies keep news media representatives informed of activities and events.
Mission Number:	A process that OES uses to track mission / resources tasking and requesting. A mission number is an alphanumeric designator that provides a reference for both operational and archive purposes.

Operational Area:

The Emergency Services Act designates each county as an "Operational Area." The Operational Area facilitates the rapid communication, coordination, and response by state government to local areas.

Public Information Officer:

Official responsible for preparing and coordinating the dissemination of emergency public information.

Standardized Emergency Management System:

A system for managing emergencies. In an emergency, SEMS helps to facilitate the flow of emergency information and resources within and between the organizational levels, coordination between agencies and rapid mobilization, deployment, use and tracking of resources.

Warning:

The alerting of emergency response personnel and the public to the threat of extraordinary danger and the related effects that specific hazards may cause. A warning issued by the National Weather Service for a defined area indicates that the particular type of severe weather is imminent in that area.

Watch:

Indication by the National Weather Service that, in a defined area, conditions are favorable for the specified type of severe weather.

APPENDIX 3

ACRONYMS

APS	Adult Protective Services
ARC	American Red Cross
CEOC	County Emergency Operations Center
CNG	California National Guard
DOC	Department Operating Center
EOC	Emergency Operations Center
HI	Heat Index
JIC	Joint Information Center
LBT	Long Beach Transit
NWS	National Weather Service
OA	Operational Area
OAEOC	Operational Area Emergency Operations Center
OAERP	Operational Area Emergency Response Plan
OEM	Office of Emergency Management
OES	Governor's Office of Emergency Services
SEMS	Standardized Emergency Management System
SOP	Standard Operating Procedures

APPENDIX 4

REFERENCES

Heat (Heat Wave); Produced by the National Disaster Education Coalition: American Red Cross, FEMA, IAEM, IBHS, NFPA, NWS, USDA / CSREES, and USGS.

National Weather Service Internet Weather Source:
[Http://www.weather.noaa.gov/weather/hwave.html](http://www.weather.noaa.gov/weather/hwave.html)

American Red Cross – Disaster Services – Heat Wave:
[Http://www.redcross.org/disaster/safety/heat.html](http://www.redcross.org/disaster/safety/heat.html)

Centers for disease Control and prevention; National Center for Environmental Health:
[Http://www.cdc.gov/nceh/emergency/heat.html](http://www.cdc.gov/nceh/emergency/heat.html)

APPENDIX 5
SAMPLE PRESS RELEASE

Contact: Hanan Obeidi
Public Information Officer
(562) 570-4382 phone
(562) 570-4049 fax

Public Health Officials Remind Residents to Protect Themselves from the Heat

Long Beach – As the hot weather returns this summer, the City of Long Beach Department of Health and Human Services (Health Department), is reminding Long Beach residents to play it safe and protect themselves from heat-related illness. “It is important to educate the public about practicing heat precautions during extreme hot weather conditions, especially while participating in outdoor activities”, said Ronald Arias, Director of the Department of Health and Human Services. The elderly, people with chronic illnesses, (such as diabetes, heart and respiratory conditions), or people unable to move or change position by themselves, infants and preschool children are at greater risk for heat-related conditions. However, everyone should take the following precautions to reduce the risk of heat exhaustion:

- Remain hydrated by drinking water before, during and after outdoor activities;
- Limit exposure to the sun during peak hours, 10:00 a.m. to 4:00 p.m.;
- Take frequent breaks while working or playing outdoors;
- Drink plenty of fluids, but avoid beverage that contain caffeine or alcohol;
- Plan strenuous outdoor activities for cooler parts of the day;
- Move to a cooler location at the first sign of heat illness (dizziness, nausea, headaches, muscle cramps). Rest for a few minutes and slowly drink a cool liquid;
- Pace physical activities, starting slowly and picking up the pace gradually;
- Wear loose-fitting, light clothing;
- Seek air-conditioned environments;
- Take a cool bath or shower periodically or cool down with cool, wet towels;
- Never leave a child or pet in a parked car asleep or in direct sunlight;
- Make sure pets have plenty of shade and water to drink.

For more information on how to stay healthy during hot weather months, please go to the Health Department’s website at www.longbeach.gov/heath.

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HEAT EMERGENCY PLAN**

ACKNOWLEDGEMENTS

The following individuals / organizations are gratefully acknowledged for their contribution to the development of the City of Long Beach Heat Emergency Plan.

Long Beach City Manager's Office
Reginald Harrison – Deputy City Manager

Long Beach Fire Department
Deputy Chief Alan Patalano
Deputy Chief Jeff Reeb
Casey Chel – Disaster Management Officer

Long Beach Police Department
Commander Roy Walker

Department of Health and Human Services
Dr. Clark Lew

Parks, Recreation and Marine Department
Ken Campbell – Administrative Officer

American Red Cross – Long Beach Chapter
Peggy Brutsche

Southern California Edison
Constance Turner

Los Angeles County Office of Emergency Management
Michael Brooks